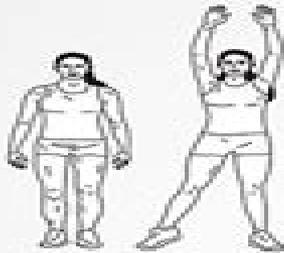


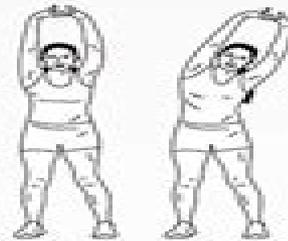
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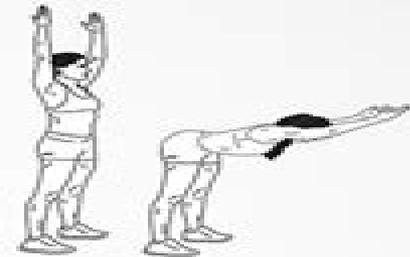
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



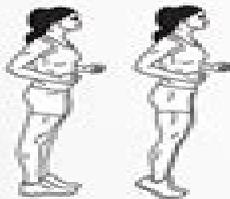
**10** step jacks



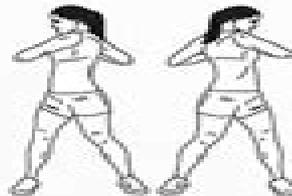
**10** side bends



**10** high deadlifts



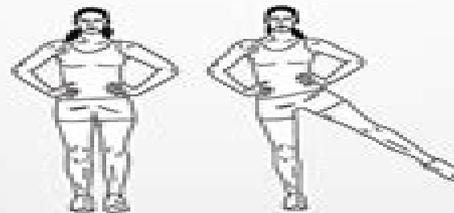
**10** calf raises



**10** twists



**10** wide arm circles



**10** side leg raises

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